

List of Medical Providers in Dili, Timor-Leste

Medical Providers in Timor-Leste

Information on some of the major facilities can be found below. Limited emergency medical care is available in Dili. Options for even routine medical care throughout the rest of the country are extremely limited. Serious medical problems can require hospitalization and/or medical evacuation to Australia or Singapore, the nearest points with acceptable medical care, and can cost thousands of dollars.

Information on air ambulance service providers is below.

Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the Centers for Disease Control and Prevention's hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747) or via the CDC's Internet site at <http://www.cdc.gov/travel/default.aspx>. For information about outbreaks of infectious diseases abroad consult the World Health Organization's (WHO) web site at <http://www.who.int/en>.

Medical Insurance

The Department of State strongly urges Americans to consult with their medical insurance company prior to traveling abroad to confirm whether their policy applies overseas and whether it will cover emergency expenses such as a medical evacuation. Travelers may wish to consider purchasing travel insurance with medical coverage if their current policy will not cover potential expenses in Timor-Leste. Please see our information on medical insurance overseas.

Facilities in Dili

Australian Embassy Clinic

Located in the Australian residential compound, the Australian Embassy Doctor may see patients during business hours on outpatient basis only. There is one physician and one nurse. All emergencies are directed to the Guido Valadares National Hospital. This is fee-per-service and one needs to bring cash to the visit. They have a small pharmacy with medications available for purchase.

- Phone: 670-331-1555
- Hours: Monday-Friday, varies daily.
- Please call for details.

Guido Valadares National Hospital

Located in Bidau, Guido Valadares National Hospital has Emergency Room services, basic medical imaging (including X-ray and Ultrasound), and physicians of various backgrounds. There is no guarantee that the medical staff will speak English and they do not have translator services. The quality of the medical care is very basic, but they do have some medical equipment and medications available.

- Phone: 670-331-1008
- Hours: 24 hours/7days a week.

Cindranita Lab/Dentistry

Located on Rua Avenida Presidente Nicolau Lobato, Fatuhada, Dili. This is a combination laboratory and dentist office in one building. There is usually one staff member who can speak English. They can perform most basic blood work and urine tests. They can also perform EKG, X-rays, and have a small pharmacy. The dentist Dr. Fernando Jong is available by appointment. All services are by cash fee only.

- Phone: (+670) 796-3962 / 7726 4460
- Email: cintalab@yahoo.com
- Hours: Lab hours – Mon to Sat: 8am-9pm

Pharmacies

The quality of the medications sold is difficult to ascertain, and we recommend stocking up on any required medications before traveling to Timor-Leste. Some pharmacies have English-speaking staff, but availability of those staff varies.

- **K-24 Oharmacy**

- Rua 25 de Abril, Colmera
- Phone: (+670) 7312 1111,
- Email: timorleste.dili@apotek-k24.com

- **Moris Foun Pharmacia**

- Located on the way to Obrigado Barracks
- Phone: (+670) 7746 4788
- Email: morisfoun@gmail.com

- **Foho Osan Mean**

- 15 rua de Outubro, after football stadium
- Phone: (+670) 331-0774 / 7735 6937 / 7781 4485
- Email: theodoraflorida@yahoo.com

- **333 Clinic & Pharmacy**

- Avenida de Portugal, Marconi
- Phone: (+670) 7837 9222 / 7733 3804
- Email: 2534097518@qq.com / dzm197@yahoo.com

Stamford Medical Lda

A clinic established in 2013 by international doctors and affiliated with Raffles Hospital in Singapore, Stamford provides a range of medical care, including Primary Care, Emergency Care, and Preventative Health. The clinic provides basic medical imaging, blood and urine testing. The facility has physicians fluent in English, Portuguese, Spanish, German, French, Italian, Mandarin, Cantonese, Indonesian, Tagalog and Tetum. They also have a subscription ambulance service in the capital of Dili.

- Phone: 670-331-0141, 331-1209; Emergency 24/7 hotline: 670-7772-1111
- Address: Rua Martires da Patria, Mandarim, Dili
- Email: info@stamfordmedical.com
- Hours: Mon-Fri: 9am-6pm; Sat: 9am-1pm; closed on Sundays and Public Holidays

Marie Stopes International

This clinic provides safe and confidential sexual and reproductive health services. No appointment necessary. The registration fee is \$3.00 for Timorese and \$20 for international with prices for services varied.

- Phone: (+670) 332 2841
- Address: Rua de Be-Mori (Antiga Rua Belarmino Lobo) P.O. Box 313, Bidau Lecidere
- Email: mstl@mariestopestl.org
- Hours: Mon-Fri: 8.30am-5.30pm; Sat: 9am-1pm.

Air Ambulance Services

Careflight International (Emergency Non-member service)

- 24/7 Emergency Line: (+61) 1300 655 855

- General Inquiries: (+61) 2 9893 7683
- Fax: (+61) 2 9689 2744
- Email: international@careflight.org
- Web: www.careflight.org
- Can be in Dili within 3 hours from phone call (2 hours activation, 1 hour flight)
- Typical price: \$25,000 AUD (approximately \$20,000 USD) to Darwin hospital bed to hospital bed. Transfer to Singapore would be around \$58,000 AUD (approximately \$47,000 USD)

International SOS (Requires membership)

- 24/7 Emergency Line in Singapore: (+65) 6338 7800 or (+65) 6338 9277
- General Inquiries/Sales: +1 800 523 8662 or +1 215 942 8333
- Web: www.internationalsos.com
- Can purchase membership which allows access to their air ambulance
- Consult website for pricing

AirMed (Requires membership)

- 24/7 Emergency Line: +1 800 356 2161 or +1 205 443 4880
- General Inquiries/Sales: same as above
- Fax: +1 205 443 4841
- Web: www.airmed.com
- Can purchase membership which allows access to their services
- Consult website for pricing

Hospitals in Timor-Leste

Guido Valadares National Hospital	+670 331 1008
Baucau Hospital	+670 413 0024
Viqueque Hospital	+670 433 0011
Lospalos Hospital	+670 443 0009
Manatuto Hospital	+670 423 0009
Aileu Hospital	+670 373 0011
Same Hospital	+670 213 0011
Ainaro Hospital	+670 243 0111
Suai Hospital	+670 223 0011
Maliana Hospital	+670 233 0012
Liquica Hospital	+670 363 0012
Ermera Hospital	+670 383 0013